



### Abbreviations

Ch = Cheese  
CCh = Cottage Cheese  
HM = Human Milk  
IFF = Iron Fortified Infant Formula  
IFC = Iron Fortified Infant Cereal

Opt= Optional  
Tbsp = Tablespoon  
Oz = ounces  
AM = Morning Snack  
PM = Afternoon Snack

## Iowa CACFP

### 4-7 Months - Individual Infant Monthly Menu

**Directions:** This monthly menu form is for one infant (age 4-7 months). Date and complete the menus (breakfast, AM snack, lunch, PM snack) when served to the infant.

(Revised 10/2013)

Month & Year			Infant's Name
Formula Name			Birth date
Who provides formula?	Parent or Center (circle one)	Optional foods tried and now required	Age

Infant Meal Pattern*		Monday Date:	Tuesday Date:	Wednesday Date:	Thursday Date:	Friday Date:
Bft	4-8 oz HM or IFF					
	0-3 Tbsp IFC (Opt)					
AM	4-6 oz HM or IFF					
Lunch	4-8 oz HM or IFF					
	0-3 Tbsp IFC (Opt)					
	0-3 Tbsp Fruit and/or Vegetable (Opt)					
PM	4-6 oz HM or IFF					
Infant Meal Pattern*		Date:	Date:	Date:	Date:	Date:
Bft	4-8 oz HM or IFF					
	0-3 Tbsp IFC (Opt)					
AM	4-6 oz HM or IFF					
Lunch	4-8 oz HM or IFF					
	0-3 Tbsp IFC (Opt)					
	0-3 Tbsp Fruit and/or Vegetable (Opt)					
PM	4-6 oz HM or IFF					
Infant Meal Pattern*		Date:	Date:	Date:	Date:	Date:
Bft	4-8 oz HM or IFF					
	0-3 Tbsp IFC (Opt)					
AM	4-6 oz HM or IFF					
Lunch	4-8 oz HM or IFF					
	0-3 Tbsp IFC (Opt)					
	0-3 Tbsp Fruit and/or Vegetable (Opt)					
PM	4-6 oz HM or IFF					

(Over)

Infant Meal Pattern*		Date:	Date:	Date:	Date:	Date:
Bft	4-8 oz HM or IFF					
	0-3 Tbsp IFC (Opt)					
AM	4-6 oz HM or IFF					
Lunch	4-8 oz HM or IFF					
	0-3 Tbsp IFC (Opt)					
	0-3 Tbsp Fruit and/or Vegetable (Opt)					
PM	4-6 oz HM or IFF					
Infant Meal Pattern*		Date:	Date:	Date:	Date:	Date:
Bft	4-8 oz HM or IFF					
	0-3 Tbsp IFC (Opt)					
AM	4-6 oz HM or IFF					
Lunch	4-8 oz HM or IFF					
	0-3 Tbsp IFC (Opt)					
	0-3 Tbsp Fruit and/or Vegetable (Opt)					
PM	4-6 oz HM or IFF					

\*Minimum quantities are listed; some infants will need more food to be healthy.

**Note:** Prepare the amount of breast milk the baby usually drinks at one feeding. Some babies may drink less than 4 oz. at a feeding. Offer more if the baby still seems hungry.